



RAISINS, SEEDLESS

Date: April 2009

Code: A501

PRODUCT DESCRIPTION

- Raisins are U.S. Grade B, packed whole and loose.

PACK/YIELD

- Raisins are packed in 1 ½ ounce boxes or 15 ounce cartons. A 15 ounce carton contains about 10 servings (¼ cup each) of dry fruit.

STORAGE

- Store unopened packages in a cool, dry place.
- After opening, keep package tightly closed with a plastic tie or rubber band, or store raisins in a tightly closed plastic bag.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND TIPS

- Raisins are ready-to-eat or may be added to sandwich fillings, rice dishes, stuffing, salads, hot or cold cereals, puddings, and baked items.
- Raisins may be combined with peanuts, sunflower seeds, or granola to make a trail mix.
- Raisins keep cookies and cakes moist.
- Toss raisins in fresh vegetable salads and pasta salads.

NUTRITION INFORMATION

- ¼ cup raisins counts as ½ cup in the MyPyramid.gov Fruit Group. For a 2,000 calorie diet, the daily recommendation is about 2 cups.

FOOD SAFETY INFORMATION

- Check raisins for unknown material, insects, or mold before use.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ¼ cup (41g) seedless raisins, uncooked

Amount Per Serving

Calories	120	Calories from Fat	0
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% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 18g	10%
Dietary Fiber 2g	6%
Sugars 24g	
Protein 1g	

Vitamin A	0%	Vitamin C	2%
Calcium	2%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet.

EASY RICE PUDDING**MAKES 4 SERVINGS****Ingredients**

- ½ cup raisins
- ¾ cup white rice, uncooked
- 2 cups warm water
- 1 teaspoon margarine (if you like)
- ½ cup nonfat dry milk
- 2 tablespoons sugar
- ½ teaspoon vanilla
- ½ teaspoon cinnamon
- 1 cup water

Directions

1. Combine rice and water in large microwave-safe dish. If using margarine add that too. Cover loosely, so steam will escape.
2. Cook in microwave on high for 5 minutes or until mixture comes to a boil. Reduce setting to 50% power, and cook an additional 10 minutes.
3. Mix other ingredients together while rice is cooking.
4. Without allowing rice to cool, remove cover carefully and quickly stir milk-water-raisin mixture into hot rice. Cover loosely again and continue cooking at 50% power for 10 minutes. After cooking time is finished, let pudding sit, covered, for 10 minutes.

Nutrition Information for 1 serving of Easy Rice Pudding							
Calories	270	Cholesterol	less than 5 mg	Sugar	26 g	Vitamin C	2 mg
Calories from Fat	10	Sodium	95 mg	Protein	8 g	Calcium	210 mg
Total Fat	1 g	Total Carbohydrate	57 g	Vitamin A	106 RAE	Iron	2 mg
Saturated Fat	0.5 g	Dietary Fiber	2 g				

Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.

APPLE SALAD**MAKES 8 SERVINGS****Ingredients**

- 2 cups apples, diced
- 1 cup celery, diced
- ½ cup raisins
- ½ cup walnuts (if you like)
- 2 tablespoons salad dressing or mayonnaise
- 1 tablespoon orange juice

Directions

1. Mix orange juice with salad dressing or mayonnaise.
2. Toss apples, celery, and raisins with the dressing mixture. If using walnuts, add that too.

Nutrition Information for 1 serving of Apple Salad							
Calories	110	Cholesterol	0 mg	Sugar	9 g	Vitamin C	3 mg
Calories from Fat	60	Sodium	30 mg	Protein	1 g	Calcium	20 mg
Total Fat	7 g	Total Carbohydrate	12 g	Vitamin A	7 RAE	Iron	0 mg
Saturated Fat	1 g	Dietary Fiber	1 g				

Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.